

## CLAIMS

What is claimed is:

1. A table comprising:
  - a table top having a top surface and a bottom surface;
  - a mounting structure centrally disposed on the bottom surface of the table top;
  - a support assembly at least partially connected to the mounting structure;
  - a frame assembly comprising:
    - a first leg connected to the bottom surface of the table top; and
    - a support brace having a first end and a second end, the first end being attached to the first leg and the second end being attached to the support assembly; and
  - at least one handle disposed underneath the bottom surface of the table top.
2. The table as recited in claim 1, wherein the mounting structure comprises a pair of C-shaped mounting ridges formed on the bottom surface of the table top.
3. The table as recited in claim 1, wherein the support assembly comprises:
  - a pair of spaced apart side rails configured to be attached to the mounting structure; and
  - a first cross bar disposed transverse to the pair of side rails and attached therebetween.

4. The table as recited in claim 1, wherein the support assembly comprises:  
  
a pair of spaced apart side rails configured to be attached to the mounting structure; and  
  
a pair of spaced apart end rails disposed transverse to the pair of side rails and attached therebetween.
5. The table as recited in claim 1, wherein the support assembly is formed integrally with the table top.
6. The table as recited in claim 1, wherein the table top is formed of blow-molded plastic.
7. The table as recited in claim 1, wherein the mounting structure is formed of blow-molded plastic.
8. The table as recited in claim 1, wherein the frame assembly further comprises a pair of spaced apart side rails and a pair of spaced apart end rails disposed transversely to the pair of side rails and connected therebetween, wherein the table leg is connected to one of the pair of end rails.
9. The table as recited in claim 1, wherein the at least one handle comprises a cross rail connected to the mounting structure.

10. The table as recited in claim 4, wherein the at least one handle comprises a cross rail disposed transverse to the pair of end rails and attached therebetween.

11. The table as recited in claim 1, wherein the at least one handle comprises a groove formed between the bottom surface of the table top and the mounting structure.

12. The table as recited in claim 1, wherein the at least one handle comprises a groove formed on the bottom surface of the table top.

13. The table as recited in claim 1, wherein the at least one handle comprises a groove formed on the outside edge of the mounting structure.

14. The table as recited in claim 1, wherein the at least one handle is formed integrally with the table top in a blow-molded process.

15. The table as recited in claim 1, wherein the at least one handle comprises a bracket disposed on the bottom surface of the table top.

16. The table as recited in claim 15, wherein the bracket is disposed at one end of the table top.

17. The table as recited in claim 1, wherein the handle comprises a ridge formed on the bottom surface of the table top.